

ABSTRACT

A training device is disclosed, or a device for training, sport, gymnastics and for therapy, characterized by an arched planar element (1), having a largely rectangular outline. The arching or curvature encloses an angle of at least 30° , said angle generally being an angle of ca. $30 - 180^\circ$, preferably ca. $60 - 100^\circ$. The arched planar element can have a nearly form stable embodiment, made from wood, a polymeric material, such as a reinforced polymer or light metal. It is also possible to give the element a weakly elastic embodiment, using a correspondingly weakly elastic material such as wood, or a correspondingly weakly elastic polymer.